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ROSEMARY WESTWOOD

**Stanford aligns itself with rapists**

metroVIEWS

# Pot makes rats lazier, study finds

INTOXICANTS

## 'Slacker effect' not alleviated by medicinal ingredient: UBC

Apparent laziness caused by the main psychoactive ingredient in marijuana persists even when the same amount of pot's medicinal component is added, a new study suggests.

Lead author Mason Silveira, a PhD candidate in UBC's psychology department, said one part of the research done on rats involved giving them THC, the intoxicating part of cannabis, and having them choose between an easy or hard task to earn sugary treats.

Silveira said that under normal circumstances, most rats preferred the more difficult task to get more rewards but they switched to the easier option when given THC.

He said that while the laziness finding was not surprising, adding the same ratio of a pain-relieving ingredient called cannabidiol, a combination present in some medical marijuana used for pain relief, did not block the so-called slacker effect.

Silveira said the rats' ability to do a difficult challenge was not affected by THC, but they chose not to do it.

He said the study, published Tuesday in the Journal of Psychiatry and Neuroscience, suggests that while some people consider marijuana as a panacea for various ailments, the findings highlight a need for more research that could allow people to enjoy the benefits of cannabis while considering its less desirable effects. THE CANADIAN PRESS

Tima Kurdi with a photo of her late nephews Alan, left, and Ghalib Kurdi at her home in Coquitlam on Monday. THE CANADIAN PRESS

# A CANADIAN LIFE

**The family of a Syrian toddler whose lifeless body was photographed on a Mediterranean beach is getting settled in B.C.**

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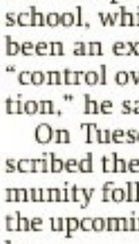
U.S. proposing a ban on swimming with dolphins in Hawaii. **World**

# Bella Bella eager for royal visit

CANADIAN TOUR

## Heiltsuk Nation in prep mode for duke and duchess



**David P. Ball**
Metro | Vancouver

The quiet coastal Heiltsuk community of Bella Bella is home to roughly 1,600 people, but it's set to get a whole lot busier over the next month as it readies to host the duke and duchess of Cambridge.

The British Royal Family members — Prince William, Kate Middleton and their two children Prince George and Princess Charlotte — will visit the remote village on Sept. 26 as part of their week-long Canadian tour announced this week.

Harvey Humchitt is a Heiltsuk hereditary chief and the First Nation's research coordinator in its resource management department.

He said the high-profile visitors will likely take in a flight over the surrounding wilderness, and visit Bella Bella's independent community school, which for decades has been an example of Heiltsuk "control over our own education," he said proudly.

On Tuesday, Humchitt described the mood in the community following the news of the upcoming tour as "excited" because — despite visits from governors general, celebrities and politicians — it's the first visit from royalty.

"We've never really had any royal visitors in Bella Bella," he told Metro in a phone interview. "A lot of our people believe this happens once in a lifetime.

"It will be good to showcase our culture and the way we live in Bella Bella."

**A member of the Heiltsuk First Nation, of Bella Bella, B.C., looks on as others raise their oars after completing the last leg of Tribal Journeys, an annual event celebrating native culture.** DARRYL DYCK /THE CANADIAN PRESS FILE

> We've never really had any royal visitors in Bella Bella. A lot of our people believe this happens once in a lifetime. Chief Harvey Humchitt

One of the key roles of the traditional hereditary chiefs, he explained, is to protect the Heiltsuk people's lands. So the royal visit from Britain's own hereditary leadership is a chance to showcase the community's success defending its territories from industrial exploitation.

"The Heiltsuk have been really involved in trying to keep our lands pristine," he said. "We know there has to be some development in our territories, but we try to do it in a sustainable fashion. We've worked really hard to manage and control harvesting of logs in a sustainable way and the oceans clear of fish farms."

Marilyn Slett, who is the elected chief councillor of the Heiltsuk Tribal Council, told Metro the details and logistics of the visit are still being worked out.

But key elements will include an invitation to walk in part of the "largest temperate rainforest left in the world" — known as the Great Bear Rainforest — and see the locally managed salmon hatchery.

"We have a strong and vibrant culture we'll share with the Royal Family."

The tour may be the first Royal Family visit to the remote town, but the community has a history with the British monarchs.

In the 19th century, the Heiltsuk head chief's great-grandfather was gifted a staff that's remembered to this day.

"That family lineage is so strong in our community," Slett said. "We'll certainly be asking our head chief to come witness this in our community — to speak more about that staff, how it was gifted with a promise from the Royal Family.

"That's part of the research we're going to do; we'll talk to our elders."

She suggested the visit will benefit Bella Bella long into the future, particularly through boosting the community's tourism industry as more and more "global visitors who want to see intact rainforest" come to the area, she said. But the long-term benefits may not just be economic, she said.

"The visit is symbolic of the reconciliation agenda," Slett said. "We think this visit is one way to meet and learn about the indigenous community; that's part of reconciliation."

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WILDLIFE

# Nine bears killed in one week in Revelstoke

Residents of a Rocky Mountain community are being chastised after nine black bears were killed in a single week for raiding garbage cans and becoming too accustomed to humans.

The Conservation Officers Service in British Columbia euthanized the problem animals in and around Revelstoke last week, where one animal was brazen enough to approach the downtown.

Gordon Hitchcock, a 28-year-veteran with the conservation service, said it's very unusual for so many bears to be killed in such a short time period. But he insisted the deaths are unnecessary.

"It's avoidable. That's the key message," Hitchcock said Tuesday. "It's pretty much around managing food attractants."

Once they're conditioned to eating garbage, bears become indifferent to people and can no longer simply be transported further into the wild, he said.

Maggie Spizzirri of the Revelstoke Bear Aware Society said it's always a little devastating to see an animal be put down and that it's the community's responsibility to deal properly with items that typically entice bears, such as garbage and fallen fruit.

"It's up to the people to make sure their attractants are secure. It's up to the people to maybe nudge their neighbours to do the same. And it's up to the city to make sure they're enforcing these things as well," she said.

Spizzirri said compliance with proper bear-aware practices appears to be on the rise in Revelstoke because residents know there has been more bear activity than usual this year.

"We just have to make sure that that momentum continues in the future so this doesn't happen again," she said.

THE CANADIAN PRESS

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Emergency responders in Surrey recovered a body found trapped in a clothing donation bin on Tuesday.
COURTESY SHANE MACKICHAN

# Man found dead in bin

RCMP

## Police say the death does not appear to be suspicious

Matt Kieltyka
Metro | Vancouver

Surrey RCMP are investigating the death of a man who was found trapped in a clothing donation bin.

Emergency responders were rushed to the intersection of 150th Street and 104th Avenue at 6:45 on Tuesday morning after someone noticed a man was seemingly stuck inside the bin and called police.

Unfortunately, police say, the man was pronounced deceased at the scene.

He has not yet been identified.

The BC Coroners Services and RCMP continue to investigate, but police say the death does not appear to be suspicious.

Anyone with information is asked to contact Surrey RCMP.

Last year, a 45-year-old homeless woman died in similar circumstances after succumbing to injuries she received after she became stuck in a donation bin in Pitt Meadows.

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# Police stress respect, not shame

YOUTH OUTREACH

## Program seeks to educate teens on sexting risks, cyberbullying

Wanyee Li
Metro | Vancouver

About ten per cent of B.C. youth ages 12-19 engaged in sexting the previous school day according to the 2013 BC Adolescent Health Survey by McCreary Society. DREAMSTIME

Vancouver police are taking a new approach to the widespread issue of sexting among youth through an outreach program that is the first of its kind in B.C.

Youth who are caught sexting — sending explicit photos or messages through via mobile devices — are sent to Amy Powter, the VPD's youth justice programs co-ordinator. She is in charge of the police department's new program that aims to educate teenagers and parents about the risks of sexting, called Total Respect of Ourselves and Others (TROO).

It's about prevention, not punishment, said Powter, who runs the program in partnership with the charity, Children of the Street Society.

> I have young children, and this is a conversation we have at the dinner table often.
> Amy Powter, youth justice programs co-ordinator

"We didn't want to label [sexting] as child pornography because that wasn't what it was," she said.

"We didn't want to penalize them. We wanted to give them an opportunity to learn how this behaviour could affect them so deeply in the future."

The program won the National Youth Justice Policing Award in 2015.

About ten per cent of B.C. youth ages 12 – 19 engaged in sexting the previous school day according to the 2013 BC Adolescent Health Survey by McCreary Society.

The survey also found youth who engaged in sexting were twice as likely to have experienced cyberbullying in the past year.

TROO's inaugural budget in 2015 was $12,500 from the Vancouver Police Foundation according to the recently released VPD Annual Report. That was enough to fund four five-hour discussion groups and several school presentations, said Powter. Several schools have already asked if she can give presentations in the fall.

Powter takes no more than ten participants at a time for discussion groups to encourage meaningful conversations.

Boys and girls, who use nicknames to protect their identity during the sessions, are separated because they have different experiences with sexting.

Girls are often the ones sending explicit photos of themselves to boys but boys will share those pictures widely, not realizing the impact it can have, said Powter.

"Some boys will have hundreds of these pictures of girls. They'll trade them around or show people, not really understanding what they're doing and how damaging it can be."

Parents are also invited to a separate session where they can ask questions about sexting and the risks associated with it.

Bringing up the issue with youth as soon as they have access to a cell phone is ideal, said Powter.

"I have young children and this is a conversation we have at the dinner table often. My kids are in elementary school."

The program had its funding renewed for 2016 and Powter hopes to see this approach grow.

"We are starting out small because part of what makes it so good is it's a grassroots group of people who are passionate about this project. I want it to keep this feeling."

**LEARN MORE**

Youth and parents who are interested in participating in TROO can contact Powter at youthservices@vpd.ca.

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ONLINE

# Ashley Madison violated law: Report

Haley Ritchie
Metro | Ottawa

Privacy investigators in Canada and Australia have found that security guarantees on adultery dating website Ashley Madison were insufficient and the business violated privacy laws in both countries.

A joint investigation conducted by the Office of the Privacy Commissioner of Canada and the Office of the Australia Information Commissioner noted that some security measures did exist, but the company "did not have an adequate overarching information security framework."

In August last year those security issues made international headlines when the Canadian company's website was hacked into by a group called "The Impact Team." Millions of international names, emails and personal information were released in a massive data dump.

POLITICS

# Ethics watchdog examines Philpott

Ethics commissioner Mary Dawson is now examining whether Health Minister Jane Philpott violated the Conflict of Interest Act in her use of a high-end car service owned by a Liberal supporter.

Dawson's probe, to be conducted in private, will focus on a section of the act pertaining to "preferential treatment."

It comes after Conservative health critic Colin Carrie wrote to the commissioner over the revelation that Philpott paid a limousine company $1,700 on one day for service and more than $1,900 on another day.

A public report will be issued once it is complete.

THE CANADIAN PRESS

# Kurdis settling in

SYRIAN REFUGEES

## New Canadians speak about their new life in the country

Tima Kurdi, back second left, sits for a photograph with her brother Mohammad Kurdi, second right, and his wife Ghouson Dakouri, back centre, and their children, Heveen, back left, 16, Ranim, front left, 10, Sherwan, 1, seated hiding his face, Rezan, 8, and Shergo, far right, 15, at her home in Coquitlam, B.C. DARRYL DYCK/THE CANADIAN PRESS

Shergo Kurdi lifts his shirt to reveal a pale, mottled patchwork of burn scars on his belly and chest — a legacy, he says, of years spent ironing fabric in a Turkish clothing factory after he and his family fled war-torn Syria in 2012.

Now, nine months after arriving in British Columbia with his parents and four siblings, the 15-year-old refugee is preparing to enter Grade 10 and wants to one day become a police officer.

"I like ... to help people," Shergo said, explaining that he likes the idea of giving back.

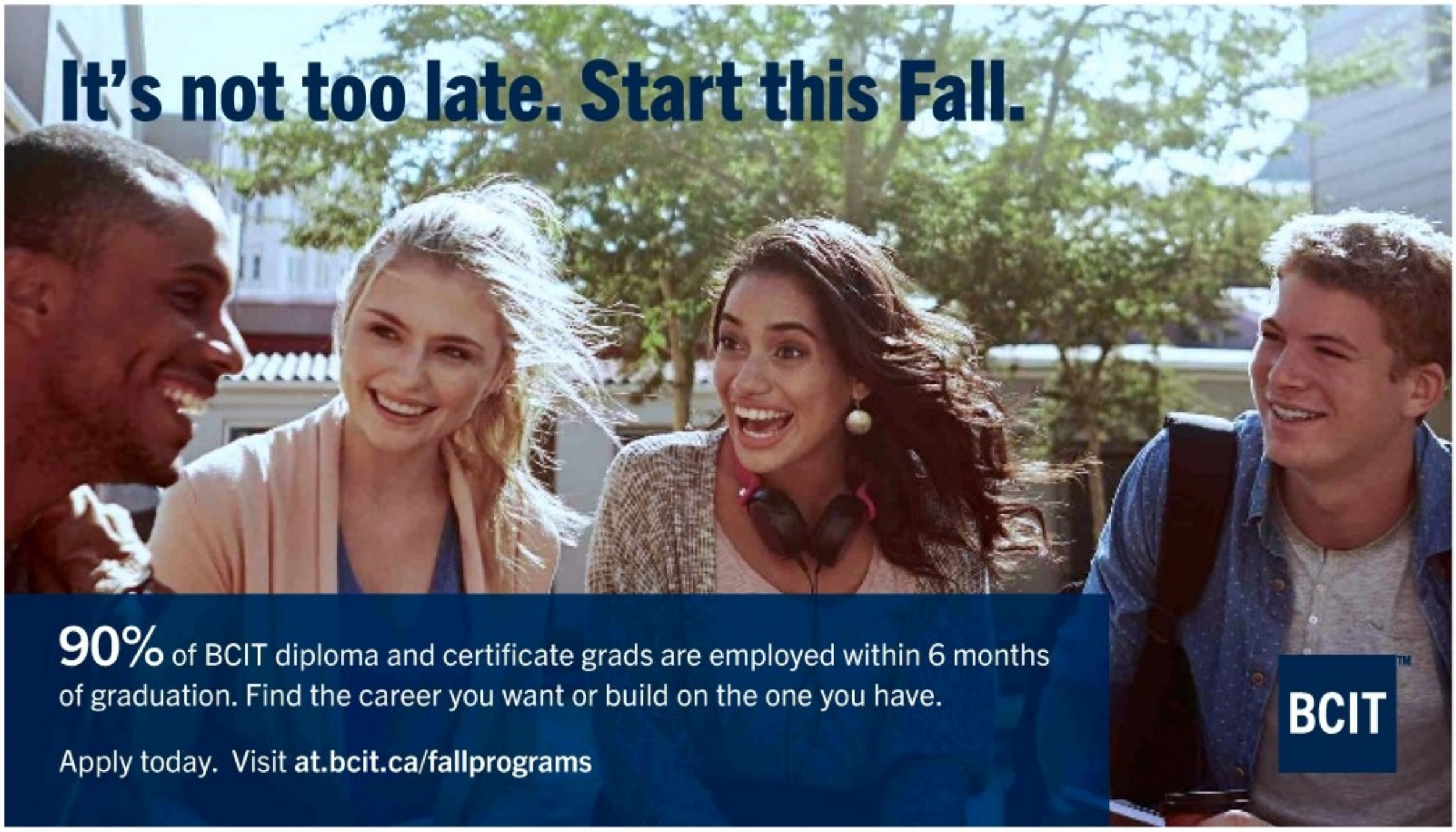
Shergo and his siblings are the cousins of Alan Kurdi, the Syrian toddler whose lifeless body was photographed on the shores of a Mediterranean beach last September. The picture spread across the globe and jarred the world into responding to the Syrian refugee crisis.

In the wake of the photograph, the Canadian government committed to taking in tens of thousands of displaced Syrians, a pledge that paved the way for the Kurdi family's arrival in late December.

Speaking in broken English at his aunt's home in Coquitlam, B.C., Shergo talked about how difficult his job was in Istanbul. Shifts sometimes lasted as long as 24 hours, he said, and frequently he didn't get paid.

The teen used a metaphor to explain how his life has been affected by the move to B.C.

"It's like a flower: (if) he doesn't have water he (will) die. Come to Canada, he has water and opens up again," he said. THE CANADIAN PRESS



# Obama visits Louisiana

NATURAL DISASTER

## President tours flooded areas, consoles locals

Standing amid piles of water-logged debris, President Barack Obama on Tuesday promised a sustained national effort to rebuild flood-ravaged southern Louisiana "even after the TV cameras leave" on a visit aimed in part at stemming campaign-season criticism that he's been slow to respond to the disaster.

As he toured a battered neighbourhood and spoke to local officials, Obama tried to buck up beleaguered residents of the water-soaked region.

President Obama
AFP/GETTY IMAGES

"This is not a one-off, this is not a photo-op issue. I need all Americans to stay focused on this," he said. "I know how resilient the people of Louisiana are and I know that you will rebuild again."

Eleven years after Hurricane Katrina ravaged New Orleans, Obama's visit was a reminder of the political dangers and opportunities natural disasters pose for politicians.

The president has been criticized for waiting until after he returned from his New England vacation to tour the Gulf Coast flooding.

Others welcomed Obama and the spotlight he brought.

"It means a lot to know you have that support from the highest level," said Chrisena Brown, as the president surveyed the area.

THE ASSOCIATED PRESS

The National Marine Fisheries Service says spinner dolphins are being deprived of rest during the day. ISTOCK

HAWAII

## U.S. considers new dolphin regulations

Federal regulators are proposing to ban swimming with dolphins in Hawaii, a move that could imperil one of the Aloha State's most popular tourist delights and the industry that has sprung up around it.

The National Marine Fisheries Service says Hawaii's spinner dolphins — the nocturnal species that humans usually frolic with — are being deprived of rest during the day and becoming stressed out. The agency was expected to announce the proposal Tuesday.

Swimming with dolphins is popular with visitors and some locals, with dozens of companies on Kauai, Oahu, Maui and the Big Island operating dolphin tours daily.

The proposed rule could shut down or greatly disrupt the industry as it now operates. That's because the ban would cover waters out to 2 nautical miles, which is where 98 per cent of Hawaii's spinner dolphins rest after they've spent the night feeding.

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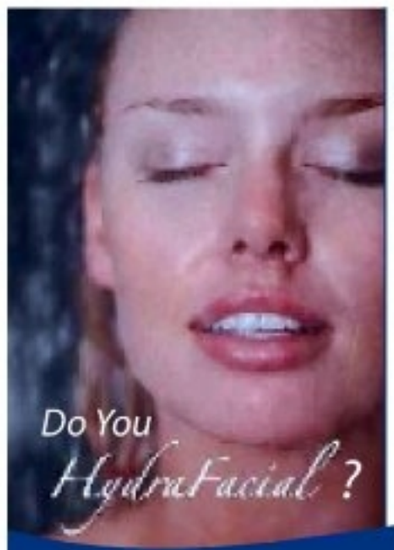


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Wednesday, August 24, 2016

**PAUL WELLS ON WHAT THE CABINET TWEAKS SUGGEST**

# The most exhibitionist Canadian government in memory has released a new list of cabinet committees, and I can't shake the feeling that it means something.

In the bad old days of the Soviet Union, Western intelligence agencies used to grab at the tiniest details to figure out, in the absence of reliable information, who was up or down in Moscow. Seating orders on reviewing stands at May Day parades. The placement of articles in Pravda. Musical choices on state radio. Any scrap or tidbit.

One feels a bit ridiculous performing Kremlinology on the most exhibitionist Canadian federal government in memory. But Justin Trudeau released a new list of cabinet committees the other day, and I can't shake the feeling that it means something. So let's break out the calipers and magnifying glasses, and sift through the names for omens and portents of the Trudeau government's second year.

Cabinet committees meet frequently, some every week, to plan and organize the government's work. All government decisions filter up through the committee system. They matter. Trudeau and his advisors were flying nearly blind when they named the first committees. Most ministers had never been members of Parliament before. It was anyone's guess how they'd work together.

The new list leaves some committees almost unchanged, which suggests they're working fine. These include the powerful Treasury Board, which scrutinizes big spending decisions, and the Diversity and Inclusion committee. Apparently Trudeau does not worry he's being insufficiently diverse and inclusive. The "Inclusive Growth" committee gets a new name — "Growing the Middle Class" — and a diet, shrinking from 15 ministers to a dozen.

Among the ex-members of the committee on growing the middle class is Chrystia Freeland, which is odd: She wrote an entire book on growing the middle class. The Trudeau gang used to parade her as a guarantor of their economic credibility. Upon reflection, the PM seems to have decided the trade minister is more about foreign policy than the economy: she also departs from the Environment and Energy committee, but moves up to co-chair of Canada in the World and Public Security (one committee, long name). And she remains as chair of the Canada-U.S. Relations committee, which has much to worry about this autumn.

I love this bit: The committee on Agenda and Results, the all-powerful "deliverology" group chaired by the PM itself, grows by one word. It's now the committee on Agenda, Results and Communications. It is never too soon for a government to start worrying that it is not getting its message out. Even this one. Expect more methodical bragging about results, or rationalization of setbacks, as the case may be.

**Prime Minister Justin Trudeau** speaks to the media at the Liberal cabinet retreat in Sudbury, Ont., on Monday.
NATHAN DENETTE/THE CANADIAN PRESS

Biggest changes come last. First, there used to be a committee on Open and Transparent Government, and another on Parliamentary Affairs. They've merged. Now the Liberals' hopes for a happy-face democracy won't be considered in isolation from the grim realization that some stuff needs to get passed through a Parliament where optimism goes to die. Now the two sentiments will share a meeting room, and for hints about which sentiment has the upper hand, note that fisheries minister Dominic LeBlanc, a politico in the old style, is the committee's vice-chair, while his successor as government House leader, Bardish Chagger, is an ordinary member. Sad face.

Next: When Chagger replaced him as House leader last Friday, LeBlanc tweeted something opaque about looking forward to "additional responsibilities." Say hello to the new committee on Litigation Management, with LeBlanc as chairman.

This is the institutional admission of a timeless fact: all governments get sued a lot. This one does not expect to be spared, especially on issues related to reconciliation with First Nations. "Decisions on litigation matters often can't be left to lawyers," one senior Liberal told me. "Everything has important policy repercussions."

Finally, at Environment, a big move. Stéphane Dion, a former environment minister and Green Shifting Liberal Leader, is out as chair. Off the committee entirely. Replaced as chair by heritage minister Mélanie Joly, who was not previously known for her views on energy policy. It's all about who gets along well with others, and Dion, who had a hard time letting colleagues take any initiative on his pet file, has been sent packing.

Dion is not banished to Siberia, precisely. He shows up on the Defence Procurement committee, where his eye for detail may help avoid huge spending boondoggles. But his move suggests that in some ways, the real cabinet shuffle was hidden in these endless lists of names.

**Cabinet committees meet frequently. All government decisions filter up through the committee system. They matter.**

**Paul Wells** is a national politics columnist for the Toronto Star.

**ROSEMARY WESTWOOD**

# Stanford's response to rape: Endorse the rapist's rationalization

Good God, Stanford.

Apparently, it's not bad enough that the school's last name these days is "rape." It had to go ahead and align itself with the rapists.

On Monday, the university moved to "reduce the availability and accessibility of hard alcohol." The school is banning all large containers over 750 ml of hard alcohol, and banning it altogether from on-campus parties. The policy grew from president John Hennessy's request in March for student input on curbing alcohol use.

To be sure, a conversation around campus drinking culture is warranted. This policy, however, is about considerably more than that. It began a full year after Brock Turner, a student, was indicted for rape, sexual assault and attempted rape. It began in the midst of a media storm around the case, during the very month of the trial, which saw Turner convicted of three charges of felony sexual assault.

And this new alcohol policy has come out amid a campus terrain irrevocably changed. The Stanford rape victim's now famous letter to the court has galvanized an entire world over the injustice of sexual assault and, most particularly, Turner's insulting, insidious, arrogant and vicious excuse that, in effect, partying made him do it.

Let's have the victim speak again from that statement: "Again, you were not wrong for drinking. Everyone around you was not sexually assaulting me. You were wrong for doing what nobody else was doing, which was pushing your erect dick in your pants against my naked, defenseless body concealed in a dark area."

Clearly, Stanford University disagrees. The booze policy, which can only be read as a measure to stem sexual violence, lets predators — and the university itself — off the hook by accepting the argument that alcohol is to blame.

In a tweet from Michele Dauber, a law professor at Stanford and the school's own worst critic: "Alcohol must be in bottle small enough so you can use it "secretly" so @Stanford isn't blamed when you rape someone."

At one point, the alcohol policy even made the alcohol-as-rape defence explicit, in a section that has since been removed from the website. Titled "Alcohol affects both sexual intent and aggression," the section noted that women who drink are "perceived to be more sexually available," that men who are drinking feel more aroused by "rape scenarios" and that women should thus "take action to protect friends."

I have been drunk. I have been obliterated. I have blacked out. And I have never, ever sexually assaulted another person or wanted to. If men feel differently, the problem isn't with booze.

The problem is with men.

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Wednesday, August 24, 2016

**"We did believe that our job as a film festival is to present works of art that we feel are well made and tell important stories, and so we're going to present the film as planned."**

TIFF artistic director Cameron Bailey on the controversy surrounding The Birth of a Nation star Nate Parker. In 1999, a rape allegation was made against Parker. He was acquitted.

# Meet the chef without borders

INTERVIEW

## Bashir Munye uses Somalia, Italy in his nomadic dishes

Karon Liu
Torstar News Service

To be hung up on the idea of authenticity or what ingredients or cooking techniques should be allowed in certain cuisines means missing out on chef Bashir Munye's feasts of buttermilk chicken livers with baharat, saffron-honey peach almond cake, and thick-cut chickpea fries with spicy harissa dip.

If there's one person who encapsulates Toronto's multicultural food scene, this is the guy.

"The food is authentic to me as Bashir who was born in Somalia, raised in Italy, married a woman from Barbados and lived in Toronto for 21 years," says the chef and owner of My Little Dumplings in Leslieville. "Food is a celebration of where I've been and where I want to be, not about creating boundaries just so I could be defined."

Munye's customers normally know him as the guy at the Evergreen Brick Works farmers market serving steamed baos and dumplings filled with global flavours including jerk chicken, sweet chili beef and falafel batter made from ground edamame. Earlier this year he opened a bricks-and-mortar location at Queen St. E. and Greenwood Ave. and now he's gearing up to do a dinner series on Fridays and Saturdays that celebrates what he calls "nomadic cooking" — food that explores Africa's vast culinary regions mixed with his family's Somali background, Italian upbringing and local ingredients.

"Food for me is always fluid as people travel and migrate throughout history," he says. "Somali food is a melting pot because of its geographical location. It's on the coastline so there's influences from India, European colonialism, and the original Bantus people.

"As a Somali person, our history and culture are nomadic by nature," he says. "Chefs are nomadic as well, going from kitchen to kitchen, learning and growing. I'm taking this philosophy of a long journey."

**Little Dumplings owner Bashir Munye is doing a private dinner series showcasing Moor cuisine (Muslims from North Africa, Iberia and Malta during the Middle Ages).** TORSTAR NEWS SERVICE

At a trial dinner for his yet-to-be-named dinner series, Munye billed the night as a "Moorish Supper." The Moors are Muslim people from the North African and Mediterranean region during the Middle Ages. About 20 of us are sitting without our shoes in a circle on the floor in Munye's little restaurant, which tonight is lined with woven carpets and pillows the chef borrowed from his aunts. His son is helping out in the kitchen along with Munye's fellow chef Damon Clements.

His cousins are playing hostesses for the evening, bringing plates of fermented carrots, mushroom conserva with artichokes and marinated beef tongue with fresh herbs.

Giant bowls of tomato-garlicky okra with preserved lemon and smoky sumac-spiced eggplant complement the show-stopping main of juicy roasted lamb saddle stuffed with aromatic basmati rice, pine nuts, pistachios and currents. These are the timeless, belly-warming and comforting flavours you'd expect from a grandmother who spent all day in the kitchen.

In addition wanting to make diners come back for more of his food, Munye's goal is to get aspiring black cooks to be proud of their culinary heritage, especially when much of today's western food culture is still heavily skewed toward a European palate (ie: how many non-white chefs do you see on TV and magazines?).

Eden Hagos, founder of the Toronto-based Black Foodie blog, which showcases African, Caribbean and southern American cuisine, hopes Munye's cooking will change people's perceptions of African cooking, that within each country there are regional variations and that there's a world beyond the Ethiopian restaurants in downtown Toronto.

**Food for me is always fluid as people travel and migrate throughout history**
Chef Bashir Munye

"I think when a lot of people think of African food, they think of Ethiopian food. As an Ethiopian person, I love that (these restaurants are) serving different audiences but there's amazing West African food, and people from other parts of East Africa like Bashir playing with flavours and changing peoples' perceptions," she says.

Despite a long culinary history and a wealth of talent in the city, Hagos says African and Caribbean cooking have largely been pigeonholed as takeout and mostly written from a Eurocentric perspective in mainstream food culture. Nonetheless he is happy to see that more of its chefs, restaurants, and food events are now in the long overdue spotlight.

"He doesn't fit into one box and I'm glad he has that attitude," says Hagos.

"I think he represents a lot of the diaspora here. My dad also lived in Italy and we make lasagna with berbere and baharat in it. We grew up with that and we're not a monolith culture."

Munye's dumpling shop will remain open during regular business during the week, while his dinners will take place on Friday and Saturday evenings at the restaurant. Each night a single seating, where everyone sits on the floor and enjoys communal dining at $80 per person. The first dinner Sept. 1 is already sold out, but Munye says the dinners will be happening regularly beginning Sept. 9.

"I'm comfortable in my own skin. I don't have to think about boundaries or ask permission about what people want," says Munye.

"I cook what I love to cook and what my friends and family ate. This is an extension of who I am."

## ROSE REISMAN THE SAVVY EATER

**THIS WEEK:** Veggies vs. veggie chips

Eat the real deal when it comes to your veggies!

### PICK THIS

**Fresh Sugar Snap Peas (50g – approx. 40 sugar snap pods)**

**Calories** 56
**Fat** 0.3 g
**Sodium** 5mg

### SKIP THIS

**Snapea Crisps in Wasabi Ranch (50g – approx. 40 pea pods)**

**Calories** 240
**Fat** 8g
**Sodium** 120mg

### HERE'S WHY

**Equivalent to a Sour Cream & Onion Pringles Snack Stack in sodium**

It seems like we're always looking for healthier packaged snack options that are an alternative to chips. While these baked Snapea Crisps are healthier than potato chips, the second ingredient includes three varieties of oil and salt to boot. No need! Vegetables are "nature's candy" and we should eat them as is, either raw or cooked simply.

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This 1937 Talbot-Lago won the Peninsula Classics Best of the Best Award

# Cruze is safe, but you won't be sorry

HANDOUT

REVIEW

## This compact is not exciting, but it is cheap and dependable

Craig Cole
AutoGuide.com

Sallying forth into the heart of the compact-car segment is the all-new 2016 Chevrolet Cruze.

This unexpectedly reserved offering is set to battle popular options like the Honda Civic, Toyota Corolla and Ford Focus, bringing a multitude of wholesome attributes to the fray.

It seems like GM's product planners have aggressively played to the segment's base by designing a car with loads of interior space, a roomy trunk, refined interior and seriously little excitement. The Cruze plays it safe in a segment that's often dominated by stuffy traditionalism.

But just because it isn't the most exciting compact model on the market doesn't mean it totally lacks any upsides. This Chevy offers a gigantic trunk measuring up to 0.42 cubic metres. The frosting on this cake of convenience is that said volume is easily accessed through a large opening with a low lift-over height.

The Cruze's aft accommodations are unexpectedly spacious in all three dimensions, though a touch more headroom would be appreciated. Another boast-worthy feature, its rear backrests fold nearly flat for even more storage space.

The 2016 Cruze is larger yet simultaneously lighter than its predecessor; it's also more efficient to boot. Enabling all of this, the car has gone on a massive diet, losing up to 115 kilograms with this redesign, which is, frankly, astounding for a compact car because there just isn't that much there to begin with.

Tucked beneath its short hood is a muscular little motor that pulls like a much larger engine.

Two gearboxes are offered in the new Cruze, each with six gears. Our tester was graced with the automatic, but a manual is also on the menu. This self-shifter keeps the EcoTec four-banger in the meaty portion of its power-band and helps deliver impressive fuel economy.

Inside, this car's cockpit is a mostly pleasant place. It's constructed almost exclusively of hard plastic, which is not an issue in this case because it's handsomely textured. Think of it as ground round that tastes like sirloin steak. Fabric trim on the dashboard also adds a touch of class.

Our test car was equipped with Chevy's optional MyLink infotainment system, which comes with a screen mounted front and center on the dashboard. Bluetooth is included for hands-free calling, as is a nine-speaker Bose sound system.

The highlight of its entire driving experience is the engine. It's torquey, pulling with unexpected authority until about 5,000 rpm, where its enthusiasm tapers off until the transmission grabs the next gear. This 1.4-litre turbo is also very well isolated, with commendable smoothness and little harshness, though the transmission could be smoother.

## THE CHECKLIST | 2016 CHEVROLET CRUZE

**THE BASICS**

**Engine:** 1.4-litre turbo-charged four-cylinder
**Power:** 153 hp, 24.7 kg/M of torque
**Transmission:** Six-speed automatic
**Fuel Economy (L/100 km):** 7.8 city, 5.6 highway, 6.8 combined
**Price:** Starts at $15,995, tops out at $23,895

**LOVE IT**

- Spacious back seat and trunk
- Impressive fuel efficiency
- Refined, torquey engine
- Intuitive infotainment

**LEAVE IT**

- Whiffs of pinched pennies
- Feather-light steering
- Odd styling

TLC

# The maintenance behind the million-mile man

Craig Cole
AutoGuide.com

A couple months ago, one proud Toyota owner pushed his 2007 Tundra pickup past the million-mile mark, a distance many motorists would be hard pressed to clock in a lifetime of driving.

But Victor Sheppard is no ordinary guy. He hauls parts for the oil industry, keeping its heavy-duty equipment humming and hydrocarbons flowing. Over the past nine years, he's routinely made cross-country treks from his home in Louisiana to deliver desperately needed components all across America. In fact, he averaged around 125,000 miles each year in the saddle of his Toyota.

Getting any vehicle to roll this many miles is quite a feat, but an up-close look at his Tundra reveals that it has held up amazingly well since it rolled off the line at Toyota's San Antonio, Texas, factory nearly a decade ago. Where it's not dented or scratched from years of hard service, the paint is still shiny, body rust is minimal and even the driver's seat, a touchpoint that receives a ton of abuse, barely shows any wear or soil despite never benefitting from the protection of a cover. Aside from the steering wheel, which is worn around the rim, and a few scuffs on the interior door panels, everything looks practically new.

On top of all this, the truck in question still has its original engine and transmission. A quick twist of the key is all it takes to fire up its 4.7-litre V8, which idles more smoothly and quietly than some brand new vehicles. Switched on, the odometer reads 999,999; apparently, they stop after six digits, but this is hardly an issue since the vast majority of customers never clock so many miles.

Obviously, it takes a fair bit of upkeep to make a vehicle go this distance, and Sheppard was religious in keeping on top of required maintenance, bringing his truck in for 117 oil changes over the course of that million miles.

Another important aspect of this feat is where that work was performed. According to Mike Sweers, chief engineer of the Toyota Tundra and Tacoma pickups, "The dealership's done all the service." Taking your vehicle to a place that knows it best may cost a little more than going to the corner lube shop, but as shown here, it can be a sound long-term investment.

To help celebrate his achievement, Toyota gave Sheppard a brand-new 2016 Tundra in exchange for his million-miler, which will be carefully dissected to see how it's really held up over the years.

**Toyota gave Victor Sheppard a brand-new 2016 Tundra.**
TOYOTA

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While some people will ignore small cracks, it is always a good idea to get a professional to look at them, as cracks affect the safety of your vehicle. ISTOCK

# Should you replace or fix a windshield?

REPAIRS

## Size and type of damage will determine remedy

Sami Haj-Assaad
AutoGuide.com

We've all been driving along, minding our own business when a rock the size of a melon comes flying like a targeted asteroid and smacks right into your windshield, leaving a chip or crack in your car's visor and ruining your day.

In reality, that rock probably wasn't all that big, but driving at speed certainly makes the scene more dramatic. What's not to be taken lightly is that mark on your windshield. Cracks and chips in your window may not seem like a big deal, but they impact your visibility and are a safety hazard.

If you're left with a serious imperfection on your windshield, it may be tempting to just ignore it or look around it to save time and money, but leaving the crack or chip and driving around with it is not an option.

"Cracks and chips often grow longer or wider if not repaired or replaced," explains Debra Levy, president of the Auto Glass Safety Council (AGSC). Not only that, but it's also unsafe.

"The (cracked) glass may be compromised and the windshield is part of the safety system of the vehicle," she explains.

There are two main solutions to dealing with a broken windshield. You can either fill a crack if it's small enough, or you can replace the whole windshield. The latter is the more expensive option, while the former is for smaller imperfections. It's like dealing with serious body damage or chipped paint, but your windshield is much more important in terms of your safety than your car's paint.

"Whether or not a break can be repaired, rather than replacing the glass, depends on a number of factors including type of break, location of break and amount of time the glass has been broken," Levy says. But what's important is that it gets fixed soon, as Levy explained that cracks and chips can grow longer or wider if not repaired or replaced.

The decision to repair a crack or chip can be easy to make depending on the size of it.

"The Repair of Laminated Auto Glass Standard allows repair of cracks 14 inches (36 centimetres) or less," she explains, so cracks that are larger than that will need a complete replacement of glass. Obviously, the ability to repair such big cracks or chips is dependent on the skills of the auto glass technician you're using. Most small chips are commonly dealt with, but again, it depends on what your tech says is possible.

"Certain insurers also limit the length of damage they will pay for."

That should help the decision.

Some quick research shows that certain types of cracks and chips just can't be repaired. For example, if the damage extends from the exterior pane of glass and penetrates the interior, it's too deep to be repaired. Chips on corners or tight spots are often too difficult to repair too, so count those out. If a chip or crack has spread after the initial damage, that's a clear sign the glass needs to be replaced.

A crack or chip repair takes about 30 to 40 minutes and is performed by injecting a clear resin into it. When it hardens, the resin helps restore the integrity and smooth look of the glass. The resin is then polished and cured by UV light. If done properly, the chip or crack won't be able to spread any further.

Replacing a glass is a bit more of an involved process. After prepping the body of the car to prevent any damage, technicians will remove the windshield from the car. The seals and adhesives are also removed, and a primer is used on the bare frame, so a new glue and sealant can applied for the replacement glass. The new windshield is then fitted and bonded to the car. After the glass is fitted, most auto shops encourage a 60-minute wait time so that the windshield is properly attached to the car.

metro SPORTS

"I was just asking a girl on a date": Raiders tight end Colton Underwood who asked out — and got a yes from — Aly Raisman through online video

**SOCCER BUG'S BRACE BUMPS OFF K.C.**
Cristian Techera celebrates one of his two goals for the Whitecaps against Sporting Kansas City goalkeeper Jon Kempin on Tuesday night at BC Place Stadium. Vancouver won the CONCACAF Champions League group match 3-0 with Erik Hurtado also scoring. DARRYL DYCK/THE CANADIAN PRESS

# Caps sign Canadian to first-team deal

The Vancouver Whitecaps have signed Canadian defender/ midfielder Brett Levis to a multi-year first-team contract.

The contract is through 2017 with options for 2018 and 2019.

Levis, who was born and raised in Saskatoon, is the first-ever player from the University of Saskatchewan to sign a Major League Soccer contract.

Levis joined the Whitecaps organization in 2014, playing one season in the USL Premier Development League with Whitecaps FC U-23. He became one of the first players signed to Whitecaps FC 2 in February 2015, and recorded eight goals and four assists in 40 appearances in less than two seasons in the USL.

"Brett is a great example of a player who took his opportunity," said Whitecaps FC head coach Carl Robinson. "With Whitecaps FC 2, he showed skill and versatility, and the willingness to learn and adapt to a new position. When given the chance to train and to play for the first team, he's taken full advantage of it."

> **"I'm ready to make this next step and I'm very excited for the future.**
> Brett Levis

Levis is the second Whitecaps FC 2 player to sign with the club's first team. THE CANADIAN PRESS

# A hero's welcome

OLYMPICS

## Adoring fans greet athletes returning from Brazil

Two planeloads of Canadian Olympians returned home from Rio to a hero's welcome, as flag-waving fans clamoured for autographs and cheering family members offered up homecoming hugs.

Several members of Team Canada, including star swimmer Penny Oleksiak, landed at Toronto's Pearson International Airport around 6 a.m., with another group of athletes scheduled to arrive at around the same time Wednesday.

When the flights arrived, airport firefighters saluted the returning athletes with giant arcs of water on either side of the airplanes.

Loud cheers went up as the Olympians came through the arrivals gate, some stopping to talk to media, others heading straight to waiting family members.

Soccer player Ashley Lawrence's parents donned Team Canada shirts to welcome their daughter. The pair said they are looking forward to figuring out where to display the midfielder's bronze medal.

Lawrence's teammate, Jessie Fleming, said she was proud of their performance.

"We all had a good tournament and we definitely deserved to bring this home," Fleming said, holding her medal.

**Penny Oleksiak, winner of four medals in Rio, speaks to media and signs autographs at Toronto's Pearson International Airport on Tuesday.** AARON VINCENT ELKAIM/THE CANADIAN PRESS

Most of the buzz focused on 16-year-old Oleksiak, who won four swimming medals at the Rio Games, including Canada's first gold.

"I didn't expect any of this," said Oleksiak, who was Canada's flag-bearer at the closing ceremonies. "I just want to say thank you to everyone (who cheered for me)."

Residents in Oleksiak's east-end Toronto neighbourhood known as The Beach are planning a celebration for her return, tentatively planned for Sunday.

**11%**

**CBC's English coverage of the Rio Olympics averaged 1.271 million viewers, an 11 per cent increase over the London Games.** Ratings peaked at 7.2 million for the men's 200-metre sprint final.

Several of the returning athletes expressed gratitude for the support and encouragement they received from Canadians throughout the Games.

Long after most athletes had left the arrivals gate, gold medal-winning trampoline gymnast Rosie MacLennan stayed to sign autographs and take selfies with fans.

MacLennan, who carried Canada's flag at Rio's opening ceremonies, said making time for fans helps get them engaged in the Olympic process.

"It's a chance to share the experience with the people who supported us along the way," she said.

Teenage soccer fans Claire and Gillian Kilgour found out about the Olympic homecoming at midnight and got up at 4 a.m. to come to the airport with their father.

Three hours later, the 16-year-old twins were rewarded with an autograph from Kadeisha Buchanan, one of the bronze medal-winning women's soccer players.

The sisters stress they support the whole team, however.

"We don't have a favourite player," Gillian Kilgour said. "We like everybody." THE CANADIAN PRESS

# 'Angry Doug' lightens up

NFL

## Seahawks' Baldwin got paid but not complacent

While the rest of the wide receivers were going through agility drills, Doug Baldwin joined teammates almost literally twice his size.

For several minutes, Baldwin lined up with the Seattle Seahawks' defensive linemen, slapping at the pads worn on the forearms of defensive line coach Travis Jones. It's a drill designed for pass rushers to focus on getting off blocks.

And it works quite well for wide receivers trying to escape the hands of grabby cornerbacks.

"With the defensive backs trying to put their hands on me, using the techniques that Cliff (Avril) and Mike (Bennett) have taught me about my hand placement on the defensive back's hands trying to get myself around them. The different techniques they've taught me I just try and practise it in that drill," Baldwin said.

> **The money does equate to respect and appreciation and love.**
> Doug Baldwin

That specific drill — suggested defensive ends Avril and Bennett — is another example of Baldwin's evolution.

Once primarily known for feeling dissed in every manner possible, Baldwin is no longer "Angry Doug" all the time. His motivation remains the same, but he's now content entering his sixth season.

It helps that Baldwin is coming off the finest season of his career that concluded with him getting rewarded with a $46-million, four-year contract extension. The contract pays him like one of the premier wide receivers in the NFL and kept him from reaching free agency after the 2016 season.

"It meant a lot to be recognized, to be appreciated and plainly as a human being all of us want to feel loved and appreciated and valued," Baldwin said.

"When you put a number to it, honestly, it's really not about the money.... It feels great, but at the same time nothing really changes. When we are on the football field we are still going to work because we have an ultimate goal to get to. It does feel good to have that behind me so we can focus on the field."

Baldwin was at the centre of Seattle's offensive progression in 2015. While the Seahawks will always be a run-first team, they discovered a quick passing game during the latter half of last season where Baldwin thrived.

Baldwin finished the year with 78 catches and 14 touchdowns, tied for the NFL lead. Eleven of those 14 TDs came in the final six weeks, including a three-game span with eight TD catches.

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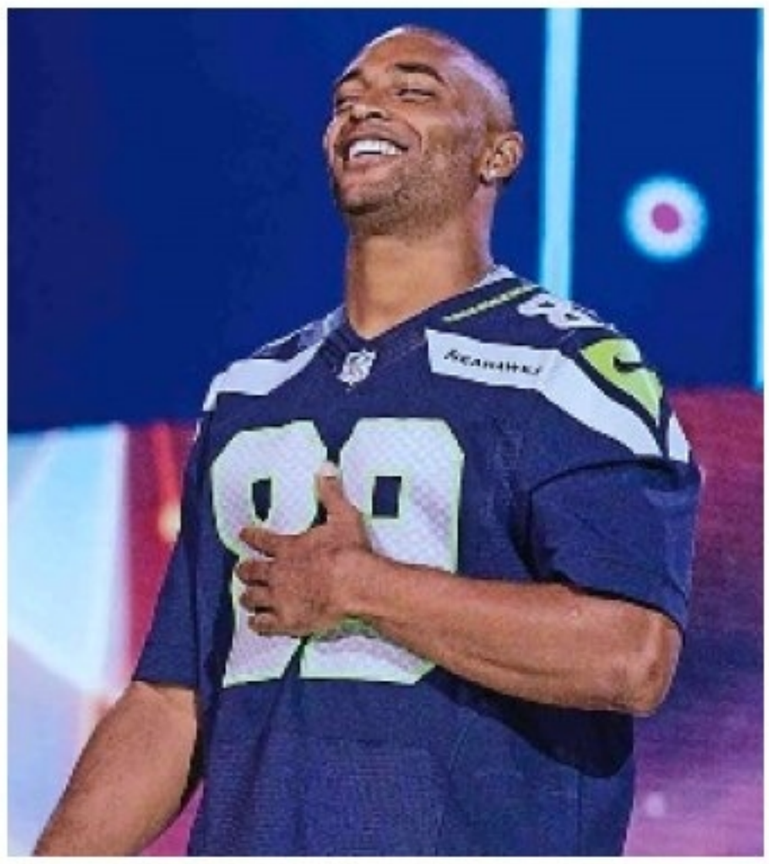

Seahawks wide receiver Doug Baldwin speaks at We Day at KeyArena in April. MAT HAYWARD/GETTY IMAGES FOR WE DAY

LAWSUIT

## Woman claims Blue Jay gave her STDs

A New York woman is suing Edwin Encarnacion, alleging the Toronto Blue Jays slugger knowingly infected her with two sexually transmitted diseases.

Ashley Lebron, 24, filed the lawsuit in a New York court on Monday. She says in a statement of claim she contracted genital herpes and chlamydia after having unprotected sex with Encarnacion in February. She's seeking $11.5 million US in damages.

The documents contain allegations that have not proven in court.

Edwin Encarnacion GETTY IMAGES

Encarnacion hasn't spoken publicly about the lawsuit. His agent, Paul Kinzer, said in a statement released to Fox Sports and Sportsnet that the claim is "completely inappropriate and meritless."

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### IN BRIEF

**Jays' Martin still mashing**

Russell Martin drove in two runs and R.A. Dickey pitched into the seventh inning on Tuesday night as the Toronto Blue Jays beat the Los Angeles Angels 7-2.

Martin continued his torrid pace, racking up three hits and scoring once for Toronto (71-54). The Canadian entered the game hitting .414 in his last seven games with six homers and 11 RBIs.

Michael Saunders launched a solo shot while Darwin Barney had two hits.

THE CANADIAN PRESS

**Heavyweight Lesnar's suspension lengthened**

Nevada athletic regulators have extended Brock Lesnar's temporary suspension pending a hearing on his failure of drug doping tests at UFC 200.

State Athletic Commission officials say the move approved Tuesday came after the U.S. Anti-Doping Agency found violations of UFC drug policy in June and at Lesnar's July 9 fight against Mark Hunt.

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## RECIPE One-Pot Sweet Potato and Arugula Pasta

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

One-pot pasta meals pile ingredients together for dinner brilliance. We've paired the antioxidant power of sweet potato with peppery arugula but feel free to add other diced small veggies for quick cooking.

**Ready in 30 minutes**
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4 to 6

**Ingredients**
- 450 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes (to ensure they cook)
- 4 garlic cloves, cut in thin slices
- 1 shallot, cut into thin slices
- 1 sprig of rosemary
- 3 Tbsp of olive oil, plus 1 for garnish
- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- salt and pepper

**Directions**

**1.** Combine penne, arugula, sweet potato cubes, garlic, shallot, rosemary, 2 tablespoons oil, salt and water in a stock pot. Bring to boil over high heat. Boil mixture, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, 10 minutes.

**2.** Remove pot from heat and take out rosemary stem. Stir in last tablespoon of oil, cheese and season with salt and pepper to taste. Portion into bowls and serve with another sprinkle of cheese.

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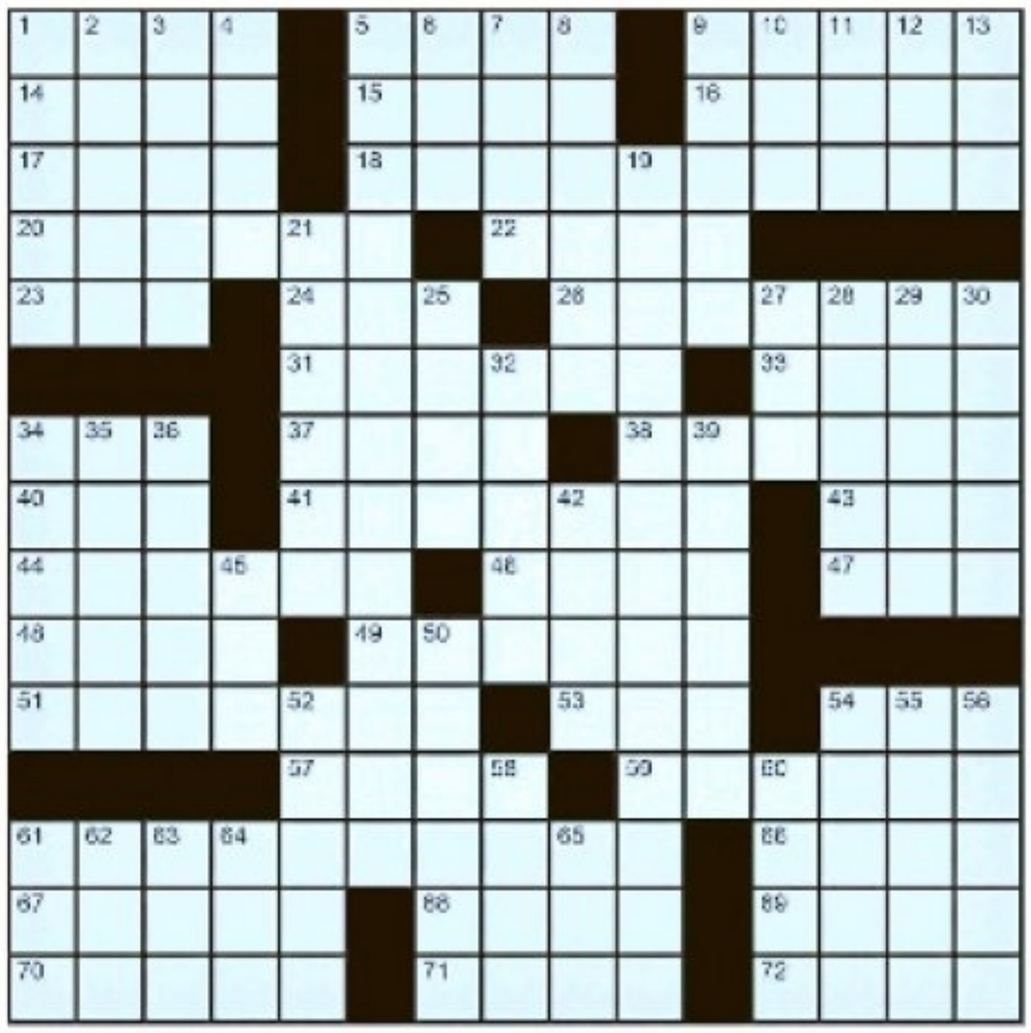
## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Angelina's husband
5. Fish's temptation
9. Techie special occasion delivery
14. The Kinks song
15. Besides
16. Count __ and His Orchestra
17. Illegally aid
18. Bawling out
20. Run off the track
22. Unaltered
23. 'Smart' suffix (Most intelligent)
24. Bird beak
26. Softer/kinder
31. Grogginess
33. First-rate
34. Wager
37. Stagnate
38. Types in the data
40. Tic-Tac-Toe losing row
41. Spicy sauce sort
43. Become
44. Resort spot in Mexico
46. Gab
47. I Am Woman songstress ...her initials-sharers
48. Nero's 902
49. Canadian actor Henry
51. Fugitive
53. Gothenburg's li'l country
54. Ms. Vardalos
57. Russian city
59. The __ (2001), haunting Nicole Kidman film
61. Think, think, think...
66. Vivid fish
67. Bandleader, Xavier __
68. Italy: Mount __
69. Mr. Berkus (Home decorator)
70. Judges
71. Horse coat style
72. Oakville, ON: __ Abbey Golf Club

**DOWN**
1. __ Runner (1982)
2. Royal garbs
3. On the ball
4. Spreadsheet info
5. Veronica Tennant, Karen Kain and Evelyn Hart: 2 wds.
6. Miss. bordering state
7. Belief systems
8. Trinidad and __
9. Buddy of Barnaby Jones
10. Purina chower
11. (Now and Then There's) A Fool Such __ __ by Elvis
12. Tin Tin's lead-in
13. MBA, for one
19. The Guess Who chart-topper: 2 wds.
21. LASIK, Laser-assisted __-__ Keratomileusis
25. Lamp need
27. Water source
28. Lake, in Ireland
29. Website's welcoming word
30. Puts one's feet up
32. War protester's dream
34. Bowling of Italy
35. Studied- for things
36. Music chord type
39. Wait...: 2 wds.
42. Stock units [abbr.]
45. The Company, commonly
50. Kitchen gadget for citrus fruits
52. Bridges: French
54. Himalayas land
55. Furious
56. Washed-out
58. Stringed instrument of Japan
60. __ Kong
61. A-E link
62. Ms. McClanahan
63. Maturate
64. Music star, will._.__
65. Genetic letters

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Plans will be challenging today. Prepare for this and cope as best you can. Similarly, situations with publishing, the media, medicine and the law are tough.

**Taurus** April 21 - May 21
Disputes about shared property and inheritances will not be easy today. You will be stopped by obstacles. Just do what you can.

**Gemini** May 22 - June 21
Relations with partners and close friends are difficult because someone will oppose you today. Be prepared to accept this instead of making matters worse.

**Cancer** June 22 - July 23
Issues that are work-related are tough today. No matter what you do, you will meet with obstacles from others. Just cope as best you can.

**Leo** July 24 - Aug. 23
Children will be an increased responsibility today. Naturally, this goes with the territory. Sigh, it happens.

**Virgo** Aug. 24 - Sept. 23
Difficulties with family members will be challenging today because someone will oppose you. It might be wise to wait for another day to push your agenda.

**Libra** Sept. 24 - Oct. 23
Allow extra time today, because as this day unfolds, you will meet with delays, obstacles and minor difficulties.

**Scorpio** Oct. 24 - Nov. 22
Disputes about money or possessions are likely today. However, it will be difficult to reach an agreement. Why not postpone these talks for another day, when everyone is more co-operative?

**Sagittarius** Nov. 23 - Dec. 21
You will meet with opposition from someone. Don't give up. Just look for a new way around things, because there are many ways to do something. Be resourceful!

**Capricorn** Dec. 22 - Jan. 20
Something secretive might throw a wrench in your plans today. Go slowly to see if you can work things out. You don't have to solve this problem today.

**Aquarius** Jan. 21 - Feb. 19
Someone in a position of authority might block your efforts to lead a group or make suggestions. Sometimes you can't fight city hall. Accept what you can and cannot do.

**Pisces**
Feb. 20 - March 20
It will be tough to get the approval of your boss or someone in power. Best to wait for another day so that you can steer things the way you want them to go.

## CONCEPTIS SUDOKU by Dave Green

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